

SECTION III. INSTRUCTIONAL GUIDELINES

Equipment and Facility Setup

Training facilities are likely to vary all the way from fully equipped gyms with a variety of aerobic and weight resistance modalities to only the bare essentials. In either case, significant improvement can be realized in the areas of strength, aerobic fitness, and flexibility with a properly designed program. Utilizing basic exercises on a consistent routine basis, whether using sophisticated equipment or one's own body weight, will achieve improvement. The exercises illustrated in this manual require only the use of dumbbells for the strength training and mats or grassy areas for the stretching exercises. Walking and jogging can be done almost anywhere that a proper course has been designed and safety issues have been considered and addressed. Typical basic equipment includes:

- Mats
- Dummies
- Hand held weights
- Stopwatch
- Large display clock
- Set of 10 step stairs
- Water
- Appropriate training shoes (trainee provided)

A sampling of equipment vendors is listed in Appendix F.

Safety Guidelines

Providers are responsible for developing site-specific safety guidelines for physical tasks training. Further, providers and/or instructors must adequately brief trainees on these guidelines. While not an all-inclusive list, areas of consideration should include the following:

Advice to Trainees:

- inform training staff of any injuries and/or excessive discomfort or difficulty performing the activities;
- wear appropriate training shoes such as running, walking or cross training shoes; and,
- consume adequate water to ensure proper hydration.

Logistical Considerations for Instructors:

- allow forty-eight hours between strength training exercises to allow muscles to repair and recuperate;
- schedule physical task training in the morning if heat and/or impaired air quality is a factor;
- provide adequate access to water; and,
- have in place a response plan for dealing with injuries and/or emergency medical attention.

Scheduling and Handling Groups

There are four major components of the physical tasks training curriculum:

- 1) initial assessment
- 2) stretching exercises to increase flexibility
- 3) strength training to improve muscle strength
- 4) aerobic training to improve cardiovascular performance

After the initial assessment, instructors may be able to roughly divide the trainees into two groups according to their strengths and weaknesses. One group may include strong trainees who could benefit from improvement in body composition and aerobic endurance; another group may include trainees who demonstrate cardiovascular fitness but could benefit from improvement in strength. (There may be a third group of trainees who would benefit from improvement in both areas.) If practical, it may be helpful to devote approximately two-thirds of class time to improvement of weak areas while using the remaining third of the class time to maintenance of strong areas.

The entire class can begin the light stretching and warm-up portion of the training session together followed by a moderate cardiovascular work-out. The majority of stretching exercises should follow the cardiovascular and weight training sessions since the focused muscles are warm and the likelihood of over-stretching and injury to a muscle is thereby reduced.

For those trainees who will strive to improve their cardiovascular endurance, two-thirds of the remaining session should include exercises such as running, jogging, walking, etc. For those trainees who will focus on improving strength, two-thirds of the training session should include strength training such as push-ups, abdominal crunches and free weight resistance exercises.

Please see the suggested exercises in Section V and in Appendix E.